



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*Guilt erodes the soul. Be done with it. ~ Carol Bradley Bursack*

## Caregiver Tip: Managing Caregiver Guilt

Are there times when you feel bad about wanting more time for yourself? Do you question if you are a good caregiver, do others make you feel like you could be doing more? Do you compare yourself to other caregivers? These are examples of caregiver's guilt and most caregivers will have these feelings or question how well they are caring for their loved one.

Guilt is a normal emotion that signals when thoughts or actions may cause harm. Recognizing and responding to guilt positively can reduce stress caused by guilty feelings. Positive responses to guilt include acknowledging the guilty feelings, talking with someone about these feelings and taking action where you could improve. Setting goals to do things you enjoy and exercising are also ways to lessen the guilt of taking time for yourself. Most of all, remember that you are appreciated and making a difference.

For more information on how to manage caregiver guilt, read [Dealing with Caregiver Guilt by Malika Brown, MSW, LSW.](#)

### Caregiver Support Group

**Wednesday,**

**March 6, 2019**

**4-5:30 p.m. at the**

**Alexandria Adult Day  
Services Center**

## Resources:

### New to Medicare Presentations:

Learn the basics of Medicare coverage and choices Tuesday, March 5, 12:30-2:30 p.m., Duncan Library. To RSVP call 703.746.5999 or email VICAP @alexandriava.gov.

### Money Management:

“Learn how to Manage Your Money While Enjoying Retirement” on Wednesday, March 13, 10 a.m., Beatley Central Library. To RSVP visit [www.seniorservicesalex.org](http://www.seniorservicesalex.org) or call 703.836.4414, ext. 110.

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For questions, comments or to remove your name from our mailing list, please email  
DAAS@alexandriava.gov or call 703.746.5999.



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